

Good Afternoon,

As I am unable to attend the public hearing on February 24th for HB-5350 regarding fluoridation, I would like to provide personal written testimony of the dangers of fluoridation being added to public water in Connecticut. I was recently diagnosed with having hypothyroidism, a condition in which fluoride has a direct effect based on recent studies. Below is an excerpt from an article summarizing a most recent study, which many agree raises a red flag:

"A large study that looked at data from nearly every general medical practice in England suggests that water fluoridation may increase the risk of developing hypothyroidism, or underactive thyroid. This condition, in which the thyroid gland doesn't produce enough hormones, is associated with symptoms such as fatigue, obesity and depression.

The study found that locations with fluoridated water supplies were more than 30 percent more likely to have high levels of hypothyroidism, compared to areas with low levels of the chemical in the water. Overall, there were 9 percent more cases of underactive thyroid in fluoridated places."

(source: <http://www.newsweek.com/water-fluoridation-may-increase-risk-underactive-thyroid-disorder-309173>)

Thyroid diseases are only on the tip of the iceberg of the many other diseases that have direct correlation to the amount of fluoride in our water. I believe that the negative health impacts far outweigh any positive effects of adding fluoride to public water for this reason. I am now forced to purchase bottled spring water for drinking and cooking as I am in fear that my condition will worsen if I consume public water. I would prefer to be able to drink my tap water as I pay for water supply and am a loyal taxpayer, but without the fear of it further negatively affecting my health. I find that it is unnecessary to add fluoride to public water in this day and age as we are a first world country with access to dental healthcare as well as over the counter dental hygiene products that contain fluoride, allowing us as a society to control ourselves the amount used and needed. Fluoride is only necessary as a topical to prevent tooth decay, so why are we still being forced to ingest it if we want a glass of water, tea or coffee from our tap water? It makes no logical sense except that it might be somehow profitable to the companies that supply the fluoride that is being added to public water systems. Also, fluoride is already naturally found in pure water sources but at lower levels, another reason for this additive to be excluded.

Thank you for your time and I hope that the outcome of this hearing is that there is IMMEDIATE ACTION TO STOP ADDING FLUORIDE TO OUR PUBLIC WATER, let us join the other countries that have already adopted this policy - let's move forward and not be stuck in our old ways.

Regards,

Elizabeth Derda, Farmington CT